

Garden Vegetable Soup

Makes: 6 Servings

Italian seasoning and garlic powder bring a punch of flavor to this delicious and easy vegetable soup. Serve it with a whole wheat roll for a satisfying lunch or quick dinner.

Ingredients

- non-stick cooking spray
- 2 carrots, sliced
- 1 small onion, chopped
- 1/4 teaspoon garlic powder (or 1/2 garlic clove, minced)
- 3 cups broth (beef, chicken, or vegetable)
- 1 cup chopped green cabbage
- 1 can green beans, undrained (14 ounces)
- 1 can diced tomatoes, undrained (14 ounces)
- 1/2 teaspoon Italian seasoning
- 1 zucchini, chopped


Directions

1. In a large saucepan sprayed with non-stick cooking spray, saute the carrots, onion, and garlic over low heat about 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until

Nutrition Information

Nutrients	Amount
Calories	64
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	468 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 IU
Calcium	64 mg
Iron	2 mg
Potassium	456 mg
N/A - data is not available	

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 Vegetables	1 1/4 cups
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carrots are tender.

4. Stir in zucchini and heat for 3-4 minutes. Serve hot.

5. Refrigerate leftovers.

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.